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Warmer soon, but dangerously cold for now

Relief on its way. Environment Canada says Sask. in for break from deep freeze, as wind chill warning issued for parts of province on Sunday

MORGAN MODJESKI
morgan.modjeski@metronews.ca

While Saskatchewan is suffering a deep freeze that saw both of its major centres drop to wind chills of -50 and below on Sunday, Environment Canada says there is relief ahead.

According to meteorologist Jim Slipec, the cold snap has come through a shift in atmospheric patterns, causing frigid air to drain from the Arctic into the Prairies.

"The source region is up in Arctic Alaska, where a lot of it is 24-hour darkness. So it gets really cold because there's no solar input," Slipec said on Sunday.

"Essentially, the earth continues to radiate and cool," he explained.

"The entire Prairies are pretty much under the same -45 to -50 wind chill blanket."

The bitter chill will remain for a couple more days, though the temperature is predicted to climb as high as about -4 C for most of southern Saskatchewan by the week's end.

"By about Thursday or so, (it's) back into incredibly mild minus-single digits pretty much across the province. So that's a nice reprieve," Slipec said, noting that the mercury should hover around -4 C to -5 C through the weekend.

For now, though, he stressed that anyone outside should bundle up, as skin exposed to such elements can become frostbitten in minutes.

Martin McCarter, interim executive director at the Salvation Army's Waterston Centre in Regina, said the cold is extremely dangerous to those living on the streets.

While the shelter filled 49 of 52 emergency beds, it could have accommodated 26 more people on Saturday night.

"We've had comfortable numbers to deal with so far — so, so far, so good," he said.

"But who knows? If this weather continues, there's sure to be more folks coming in."

Balmier days ahead

-4 C

The temperature is predicted to climb as high as about -4 C for most of southern Saskatchewan by the week's end.

Ken Norman, 71, is dressed for the weather as he takes a stroll on Sunday while Saskatoon hovered around a wind chill of -44. Norman, who grew up in northern Saskatchewan, says he doesn't mind the bone-chilling conditions. MORGAN MODJESKI/METRO

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NEWS 1

Boy dead, woman charged in city's first homicide of 2014

Details of fatal injury not being released.
Woman, 35, in custody

MORGAN MODJESKI
morgan.modjeski@metronews.ca

A five-year-old boy is Saskatoon's first homicide victim of the year, and city police have charged a 35-year-old woman with first-degree murder.

Police spokeswoman Alyson Edwards said officers were called to a house on the 400 block of Avenue R South on Saturday at about 5:30 a.m. and found the boy, who had suffered a fatal injury.

Edwards said she couldn't release details on the injury.

"Any type of homicide is tragic, but when you're dealing with a small child, five years old, it's awful," she said at police headquarters.

"It's hard for our officers to deal with, and I can't imagine what it's like for the family."

The accused was initially interviewed as a "person of interest" in the investigation and was charged on Saturday evening. Police have released very little information on her.

Linda Tinkler, a neighbour on Avenue R South, was shaken by news of the boy's death.

"I just can't see how somebody could do something to a little five-year-old boy," Tinkler said, crying on the porch of her home.

She noted that her six-year-old daughter played with the boy "all the time."

"He was a sweetheart. He was quiet, polite; he hardly ever spoke out loud," she said.

"What could a five-year-old do that you could hurt them?"

On Sunday, police continued to investigate while officers were stationed outside the house.

"Our officers are going to want to know as much as possible about the people who live in that home, who were present at the time and had dealings with the family," Edwards said on Saturday, noting that three other people were at the residence during the 911 call.

"They're going to want to collect that information so they get a full picture of what this boy's life was like."

Edwards said that although police know the cause of death, they are not releasing it.

Saskatoon police were on the 400 block of Avenue R South on Saturday, investigating the homicide of a five-year-old boy. Inset, neighbour Linda Tinkler was shaken by the news. MORGAN MODJESKI/METRO

Council to vote on Kinsmen Park plan

Kinsmen Park is slated to undergo significant rejuvenation beginning this spring. MORGAN MODJESKI/METRO

After an unsuccessful attempt to tender a Kinsmen Park master plan last spring, Saskatoon's city council will be asked to award the reworked $6.3-million contract to PCL Construction Management Inc. on Monday.

A report to council has explained that the original tender for the plan's first phase, which closed last May, received only one construction bid that was "significantly over" the project's budget — and as a result, the city rejected it.

City administration worked with consultant Space2Place Design Inc. to come up with cost-saving strategies, and the project was re-tendered in late 2013.

Though seven compliant bids were received, PCL submitted the lowest base-bid for the project — about $540,000 below the estimated construction cost. Administration is recommending that council award the firm the contract.

Because PCL's bid was within budget, administrators have found there is funding to include a Double Cable Ride, which Space2Place says in the report "adds the most value to Phase 1 due to its playability and provides an additional programming element targeted for the teenage demographic."

Commitments within Phase 1 include completion of the master plan, tree removal, play village rehabilitation, carousel restoration and project supervision.

If council awards the contract to PCL, construction is expected to start this spring, with the initial phase opening in May 2015.

MORGAN MODJESKI/METRO

East-side Saskatoon

Two charged after bear-spray incident

Two Saskatoon men, aged 19 and 24, are facing charges of attempted murder and assault with a weapon after an incident at Rock the Bottom on Broadway Avenue.

Police were called to the east-side bar shortly after 1 a.m. on Dec. 14 following reports that someone had discharged bear spray inside. Officers found a 33-year-old man outside in medical distress. He was taken to hospital with life-threatening injuries and is recovering.

Police said they expect further charges and have requested warrants for four others.

Both suspects have appeared in court.

Police said firearms and other weapons were involved in the incident. METRO

Clearing, sanding

City cleanup is on

The city is working to clear and sand streets following a five-centimetre snowfall. The city said its crews and contractors are applying de-icing material and plowing roads, sidewalks and pathways of the snow that fell on Friday. The work is on Priority 1, 2 and 3 streets. METRO

Jan. 2

Correction to Canadian Press story on the Canadian Wheat Board appeal

In a Jan. 2 story about a lawsuit over the removal of the Canadian Wheat Board's monopoly, The Canadian Press erroneously attributed a quote to Justice Daniele Tremblay-Lamer's decision.

In fact, it was federal Agriculture Minister Gerry Ritz who said: "The fact remains that the overwhelming majority of western grain farmers have embraced marketing freedom and are capitalizing on new economic opportunities that were impossible under the old single desk."

THE CANADIAN PRESS

Alberta, B.C. look into moving oilsands crude by rail: Report

'Viable alternative to pipeline movement.'
Environmental group calls idea 'underhanded,' says it raises safety questions in light of recent train accidents

A task force report has been handed in to the British Columbia and Alberta governments that examines the idea of transporting oilsands crude via rail if proposed pipelines don't get the green light, government documents show.

It's an idea the environmental group ForestEthics calls "underhanded."

It's a "backdoor way for industry to bring tankers to the coast without the same sort of public oversight or public process that we've had around the Enbridge pipeline or would have around the Kinder Morgan pipeline," said Ben West, campaign director for ForestEthics.

A joint provincial working group was announced by premiers Christy Clark and Alison Redford in July to develop recommendations related to energy exports and the opening of new export markets for products like bitumen for the two provinces, including pipeline and rail transport.

"Rail can be considered a viable alternative to pipeline movement based on costs of transport," the terms of reference for the group states. "If pipelines are not developed, rail will step into the void to deliver bitumen to the West Coast."

West said the report raises safety questions, especially in light of two recent high-profile train accidents.

Oil transport by rail has become a contentious topic after a train containing crude oil derailed and exploded in Lac-Mégantic, Que., in July, killing 47 people, and another train exploded without injuries last month in North Dakota.

"Myself and other people were pretty freaked out about what happened there," West said of the two fiery blasts.

The provincial working group was mandated to submit a report to both leaders by the end of December.

An Alberta government official did not respond to a question about the completion or release of the report, while an official in Clark's office said the report is complete but that no date has been set for a public release. THE CANADIAN PRESS

Details

The task force is led by Steve Carr, Deputy Minister of Natural Gas Development in B.C., and Grant Sprague, Deputy Minister of energy in Alberta.

'Big rate of increase'

More boreal forest protected, but challenges remain: Group

Canada has made significant strides in protecting the vast boreal forest that stretches across most of its provinces and territories, but the world's largest intact forest ecosystem still faces threats, says an environmental group.

The amount of boreal forest under some form of government protection has doubled since 2007 to about 12 per cent of the total area, biologist Jeff Wells of the Canadian Boreal Initiative said recently.

"That's a big rate of increase in a short time and we're hoping that's going to continue," he said.

THE CANADIAN PRESS

New Brunswick

Officials grappled with telling public about unsterilized forceps

Officials at New Brunswick's largest health authority deliberated for three months whether to inform the public about unsterilized biopsy forceps before finally releasing the information and advising patients to get tested for hepatitis and HIV last year.

Documents recently released outline how staff with the Horizon Health Network spent weeks trying to assess the risk to patients.

THE CANADIAN PRESS

Midwest, Northeast brace for 'polar vortex'

A person struggles to cross a street in blowing and falling snow Sunday in St. Louis. While much of Canada was in a deep freeze, snow-covered roads, high winds and ice were creating dangerous driving conditions from the Midwest to the Northeast U.S. on Sunday ahead of a "polar vortex" — a counterclockwise-rotating pool of cold, dense air that is set to affect more than half of the continental U.S. throughout Sunday and into Monday and Tuesday, with wind chill warnings stretching from Montana to Alabama. JEFF ROBERSON/THE ASSOCIATED PRESS

No injuries reported. Plane from Toronto slides off runway at N.Y. airport

A plane from Toronto slid into snow as it turned onto a taxiway after landing at John F. Kennedy International Airport on Sunday, halting flights at the airport for two hours and causing residual delays.

"It could have been worse, a much worse scenario," Jordan Houlton told reporters after he emerged from Delta Connection 4100 along with 34 other passengers and crew members about 90 minutes after the slippery diversion of the aircraft.

Federal Aviation Administration spokeswoman Kathleen Bergen said there was no immediate report of injuries after the plane landed safely at 8 a.m., only to lose its footing and slide into snow as it turned from the runway onto a taxiway.

The plane was then towed to a gate with passengers on board, she said.

The Port Authority of New York and New Jersey, which operates the airport, said operations for domestic and international flights were suspended for about two hours because of slick runways, leaving passengers at crowded gates. Flights resumed after 10 a.m. on two of the airport's four runways, but residual delays for passengers were expected to linger.

The landing came two days after a major snowstorm dumped 15 centimetres of snow in New York City, forcing the cancellation of hundreds of flights and stranding passengers both in the city and throughout the world who were heading to New York. Passengers from cancelled flights continued to fill the few remaining seats on many planes already crowded by holiday travellers.

THE ASSOCIATED PRESS

N.L. blackouts. Premier calls for conservation during 'critical period'

Newfoundland and Labrador Premier Kathy Dunderdale says her government will be asking large consumers of energy to conserve power as the province grapples with power outages and rolling blackouts following a heavy storm.

Dunderdale said energy conservation would be paramount in the coming weeks and large consumers of energy will be asked to close or reduce operations over the next few days.

"We're looking at customers in the province who use a lot of electricity ... and see if we can have access to that power over the next number of days until we get through this critical period," said Dunderdale at a news conference in St. John's. "But everybody has a role to play in this." THE CANADIAN PRESS

Rwanda. Spymaster's killing revives allegations against President Kagame

The killing of Rwanda's former spy chief Patrick Karegeya in South Africa last week has critics revisiting serious allegations against Western-backed President Paul Kagame that go back to the Central African nation's 1994 genocide.

Karegeya's friends and fellow dissidents accused Kagame of ordering the assassination, pointing to a pattern of alleged killings of his opponents at home and abroad. Karegeya fled to South Africa in 2007.

The killing comes five months after Karegeya claimed to have incriminating evidence that would prove Kagame, who is lauded by U.S. and British leaders for ending Rwanda's genocide, actually provided the catalyst for the mass killings. He charged that Kagame ordered the downing of a jet that killed the Hutu presidents of Rwanda and neighbouring Burundi, the event that triggered the genocide.

A long-suppressed UN report published in 2010 noted that Kagame in 1994 refused to have peace talks as thousands of mainly Tutsi Rwandans were being killed, buying the time that allowed his forces to reach Kigali and take control.

Rwandan President Paul Kagame
THE ASSOCIATED PRESS FILE

Analysts say the West panders to Kagame because of its great guilt over not ending the Rwandan genocide.

And Kagame, who blames French troops that allowed perpetrators of the genocide to escape into Congo, played to British and American interests in diluting French influence in Central Africa when he changed Rwanda's official language from French to English. THE ASSOCIATED PRESS

Gas-drilling states

Data confirms water polluted

Hundreds of complaints have been made about well-water contamination from oil or gas drilling in at least four states that have nurtured the energy boom in the United States, a review by The Associated Press has found.

The AP requested recent data on drilling-related complaints from Pennsylvania, Ohio, West Virginia and Texas and found major differences in how the states report such problems.

Pennsylvania received almost 900 complaints in 2012 and 2013 alleging that oil or natural gas drilling polluted or affected private water wells. In recent years Texas recorded 62 complaints, Ohio at least 99 and West Virginia 122.
THE ASSOCIATED PRESS

Vigilante doctor hurt in Mexican jet crash

Knights Templar. Mireles, a doctor in Tepalcatepec, heads a group of armed citizens standing up to the cartel

Dr. Jose Manuel Mireles, leader of his town's self-defence group, poses for a portrait on his property in Tepalcatepec, in the state of Michoacan, Mexico, in November. Mireles was badly injured on Saturday when a single-engine aircraft in which he was travelling crashed near the town of La Huacana. DARIO LOPEZ-MILLS/THE ASSOCIATED PRESS FILE

A small plane crashed in western Mexico, killing one man and injuring four other people, including an outspoken doctor who leads a vigilante group, authorities said Sunday.

The prosecutor's office in Michoacan state said it is investigating what it described as an accident caused by a mechanical failure. The Mexican attorney general's office also launched a probe into the cause of the crash.

The four injured passengers included Dr. Jose Manuel Mireles, a key leader of an armed effort by residents to force drug gangs out of their communities. An unidentified man died at a hospital.

The crash quickly spread fear among other vigilantes and residents in western Mexico because it came hours after one of the groups seized a Michoacan town, sparking a shootout that killed a man.

Magdalena Guzman, spokeswoman of Michoacan attorney's office, said the plane took off from Guadalajara on Saturday afternoon and was logged to land in the rural community of Tepalcatepec, where Mireles works as a doctor and heads a group of armed citizens standing up to the Knights Templar cartel.

Guzman said it is unclear why the plane went down in the town of La Huacana, about 145 kilometres further south and east from the planned destination.

Mireles was flown with a head injury and a dislocated jaw to Michoacan's capital of Morelia, where he was reported in stable condition. Two other men and a woman were also injured in the crash.

On Saturday, more than 100 vigilantes arrived at the town of Paracuaro in pickup trucks and SUVs and erected a checkpoint at the main entrance. They disarmed some police officers out of suspicion they were working with traffickers. Michoacan authorities say a man was killed in a gun battle after the vigilantes seized the town. The man has not been identified as a member of either a drug cartel or a self-defence group. THE ASSOCIATED PRESS

Mireles

Dr. Jose Manuel Mireles had lived 10 years with his family in Modesto, Calif., where he volunteered for the Red Cross before returning to his native Michoacan.

- He has scored some victories in a 10-month effort to kick out the Knights Templar cartel from the lime-growing valley that surrounds Tepalcatepec.
- Aligned with other self-defence groups, his men have taken control of some towns and expelled drug traffickers who kidnap and extort people to make money.

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Ex-oil tycoon in Switzerland

Former Russian oil tycoon Mikhail Khodorkovsky has travelled to Switzerland after receiving a three-month visa for the Alpine country.

His spokesman Christian Hanne says Khodorkovsky and his wife went to Switzerland by train Sunday from Germany to accompany their two sons, who were returning to their Swiss school.

Khodorkovsky was pardoned Dec. 20 after spending more than a decade in Russian prisons after receiving a conviction the West considered political revenge for his challenging Russian President Vladimir Putin. He then flew immediately to Berlin.

Mikhail Khodorkovsky
THE ASSOCIATED PRESS FILE

Days later, Khodorkovsky applied for a visa to Switzerland, a country he long had business ties to.

Khodorkovsky has business ties to Switzerland stretching back to his days as head of the Yukos oil company. When Khodorkovsky was prosecuted for tax evasion and money-laundering, Russian officials sought to seize about $5 billion US linked to Yukos that had been deposited in Switzerland.

But Swiss authorities refused to hand over the money after concluding that the prosecution of Khodorkovsky was politically motivated. THE ASSOCIATED PRESS

A member of the al-Qaida-linked Islamic State of Iraq and the Levant (ISIL) gives a lecture at an engineering college in the northern city of Raqqa, Syria. ISIL and rival rebels clashed in Syria on Sunday, undermining the broader opposition movement to oust President Bashar Assad. THE ASSOCIATED PRESS FILE

Syrian rebels, al-Qaida-linked group at odds

Opposition. Bloody fighting that began Friday expands over the weekend

Syrian opposition fighters battled rival rebels from an al-Qaida-linked faction across parts of northern Syria on Sunday, as deep fissures within the insurgency erupted into some of the most serious and sustained violence between groups opposed to President Bashar Assad since the country's conflict began.

The clashes, which broke out on Friday and have spread to parts of four provinces, pit an array of moderate and ultraconservative Islamist brigades against the Islamic State of Iraq and the Levant, an extremist group that has become both feared and resented in parts of opposition-held areas for trying to impose its hardline interpretation of Islam.

The fighting did not appear to be a turn in unison by Syrian rebel groups against the Islamic State of Iraq and the Levant, activists and analysts said, but rather an outburst of violence against the al-Qaida-linked group in certain communities where tensions with other opposition factions were already simmering.

In a reflection of the fragmented and localized nature of much of the fighting in Syria's civil war, the Islamic State of Iraq and the Levant continued to co-operate with rebel factions against government forces in other parts of the country.

But in some corners of opposition-held northern Syria, the backlash against the Islamic State of Iraq and the Levant has been brewing for months.

THE ASSOCIATED PRESS

Brutality

- Some in northern Syria originally welcomed the Islamic State of Iraq and the Levant for imposing a degree of order on the villages and towns that fell under its control.
- But the group alienated many by employing tactics deemed brutal even by the standards of Syria's bloody conflict. Its fighters have beheaded captured government fighters, and kidnapped anti-Assad activists, journalists and civilians seen as critical of its rule.

Czech Republic

Illegal weapons found after fatal blast

A total of 12 illegal weapons were found at the Palestinian embassy complex in Prague where a possible booby-trapped safe killed the ambassador, police said Sunday.

The deputy Palestinian foreign minister, however, denied the weapons were illegal.

Jamal al-Jamal
CTK/THE ASSOCIATED PRESS FILE

A police spokeswoman declined to give more details, citing the investigation.

Ambassador Jamal al-Jamal, 56, died Wednesday after an embassy safe exploded. The career diplomat had only started his posting in October.

Deputy Palestinian Foreign Minister Taysir Jaradat said Sunday "these guns were either licensed in the embassy or were given as gifts to the ambassador.... They are not in use."

The ambassador's death is being investigated as a case of negligence.

THE ASSOCIATED PRESS

Survivors sought after India building collapse

Rescuers using backhoes and shovels searched for survivors Sunday under a massive pile of broken concrete and dust that was left when a residential building under construction collapsed in southern India, killing at least 15 workers.

Authorities suspected dozens more may be trapped under the rubble, but were still trying to determine how many workers were on site when the five-storey structure crumpled Saturday afternoon in the state of Goa. Witnesses reported seeing at least 40 workers.

Soldiers and firefighters listened for movement or cries from the wreckage as they worked overnight to clear the debris, state official Venancio Furtado said.

At least 10 people were pulled out alive overnight, but the chance of finding survivors was dwindling, Furtado said. By Sunday afternoon, the death toll had reached 15, according to the state government.

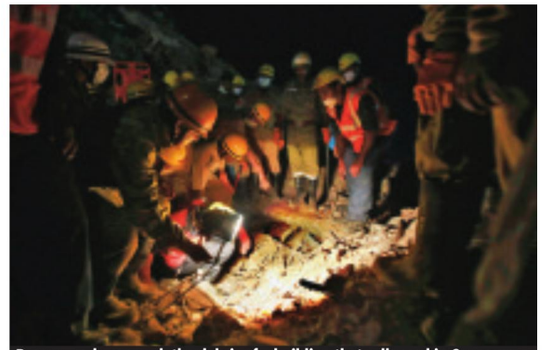
Goa Chief Minister Manohar Parrikar said he ordered a review of the construction project, after seeing cracks that developed in the adjacent apartment building constructed by the same company, Mumbai-based Bharat Developers and Realtors Pvt. Ltd.

"The design is faulty, which is why the tragedy happened," Parrikar said.

Police began investigating both the building company and city officials who approved the construction on a patch of marshland in Canacona. But they have been unable to track down the construction manager and building contractor.

"Without the contractor, it is impossible for us to know how many labourers were on the shift," said state official Ajit Panchwadkar.

THE ASSOCIATED PRESS



Rescue workers search the debris of a building that collapsed in Canacona, India, on Sunday. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Student allowed to use medicinal pot in the vice-principal's office

Marijuana vaporizer. Noah Kirkman's device is no bigger than a walkie-talkie

JEREMY NOLAIS
Metro in Calgary

Smoking marijuana on school property would land most high schoolers in the principal's office, but Noah Kirkman is actually encouraged to head there and ingest the drug.

The 15-year-old Western Canada High School student is a licensed medicinal marijuana user after finding the drug far more effective than prescription offerings for treating Tourette Syndrome and attention-deficit disorder.

"It doesn't have any withdrawal effects and I can't (overdose) on it," explained the confident student, who has aspirations of practising photojournalism someday. "It helps me keep calm; it helps me keep focused."

Kirkman received his licence in September and he and mother Lisa say they proactively approached Calgary Board of Education administrators to discuss terms on how the teen could ingest his medicine on school property.

At first, it was thought Kirkman could use his "one-hitter," which looks like a cigarette, out front of the school. But when it became too cold it was agreed he could pop by the vice-principal's office and use his marijuana vaporizer three times a day, before class, after class and over the lunch hour.

Kirkman's device is no bigger than a walkie-talkie and he simply flicks a switch that heats his medicine to 367 F.

The CBE would not confirm the Kirkman family's account, citing privacy concerns, and said it doesn't have information to indicate whether other students have been granted similar concessions to use marijuana on school property. But Kirkman and his mom were interviewed separately to determine whether their accounts check out and Metro was provided with proof of the teen's medicinal marijuana licence.

Lisa is also a licensed marijuana user and no stranger to generating headlines for her use of the drug. In 2011, she and three others ingested marijuana using a vaporizer aboard a WestJet flight bound for Toronto.

Noah Kirkman's vaporizer, which he uses inside his Calgary high school. COURTESY NOAH KIRKMAN

Elizabeth Howell is seen in this photo taken on Saturday, en route to the Mars Desert Research Station near Hanksville, Utah. CONTRIBUTED

The Martian Chronicles: Ottawa woman researches life on Mars

An Ottawa woman is living like a Martian for the next two weeks in a Utah desert research facility designed to simulate life on the red planet.

Elizabeth Howell, a Carleton University graduate and aerospace science PhD student in North Dakota, joins a six-member crew in the Mars Desert Research Station near Hanksville, Utah. One crew member is from France and four are from the U.S.

The MDRS is a two-floor, 1,200 square foot facility, equipped with bathrooms, bedrooms, and ladders to access a common area. Unable to speak by phone Sunday, she wrote in an email to Metro that her living arrangement is like staying at a cabin, but with a space twist.

"It's powered by generators, we have limited running water, and we leave the habitat in groups of at least two for safety reasons," wrote Howell. "The twist is that once we enter the simulation, we generally only wear spacesuits while we're outside. That's because on Mars, you would need a spacesuit to survive."

Howell was selected to participate in the program run by the not-for-profit group, The Mars Society, until Jan. 20. She is also a freelance journalist for several science publications.

She will act as an observer and document her journey for Space.com as well as gather information for the crew's experiments.

While she said she believes humans will one day inhabit Mars, she's not interested in being one of them if it means there's no return flight home.

Christy Foley, a 32-year-old Edmonton woman (see sidebar), is one of the latest to make the short list for a one-way trip to Mars in 2024 through The Mars One Project, developed by Dutch space entrepreneur Bas Landorp.

Howell is also tweeting about her experience at twitter.com/howellspace.

JOE LOFARO/METRO IN OTTAWA

MARS ONE: SNAPSHOTS

Seventy-five Canadians were among 1,058 shortlisted candidates for a one-way ticket to Mars in a colonizing mission being organized by Mars One, a Dutch not-for-profit foundation. Here's a look at one of the possible "human ambassadors on Mars."

LEAH GERMAIN/METRO IN EDMONTON

To infinity and beyond!

Edmonton's Christy Foley, 32, and her husband both applied for Mars One.

"I've always loved space and the idea of colonizing and expanding," said Foley, who works for the Alberta government. "I grew up on Star Trek Next Generation, which makes me a bit of a nerd."

While Foley was shortlisted, her husband was not. "It was definitely disappointing," Foley admitted. "He was ecstatic that I was picked and I love him for it."

Foley said her husband plans on continuing to apply for future applications for the mission.

"I think what I will miss the most is the ability to go out in nature," Foley said about the possibility of a one-way ticket to Mars. "We will be surrounded by machines forever. Though, part of the plan is to develop our own farms and orchards, so I hopefully won't have to miss the feel of nature for long."

Foley said thanks to volunteer work with the Girl Guides of Canada, she has a great sense of leadership and extensive experience with first aid.

Foley will have to complete a medical examination and have a "job interview" as part of the four-round selection process.

She expects the process to be complete by 2016, with training kicking off for the selected few in 2017 and a departure date set for 2024.

"It's definitely not going to happen tomorrow," she laughed. "I will get to enjoy some time with my family while I am here."

‘Click farms’ sow social media buzz

Click, click, click.
Making it look like you’ve won friends and influenced people has become big business

‘Click farms’ inflate social media numbers. STEPHEN LAM/GETTY IMAGES

Celebrities, businesses and even the U.S. State Department have bought bogus Facebook likes, Twitter followers or YouTube viewers from offshore “click farms,” where workers tap, tap, tap the thumbs up button, view videos or retweet comments to inflate social media numbers.

Since Facebook launched almost 10 years ago, users have sought to expand their social networks for financial gain, winning friends, bragging rights and professional clout. And social media companies cite the levels of engagement to tout their value.

But an Associated Press examination has found a growing global marketplace for fake clicks, which tech companies struggle to police. Online records, industry studies and interviews show companies are capitalizing on the opportunity to make millions of dollars by duping social media.

For as little as a half cent each click, websites hawk everything from LinkedIn connections to make members appear more employable to Soundcloud plays to influence record label interest.

THE ASSOCIATED PRESS

Five ‘click farm’ facts

1. A click farm is a business that sells clicks for fans, likes, followers, views and more.
2. People buy clicks to boost their social media numbers, which can lead to profits and popularity.
3. Buying and selling clicks violates social media user rules but is not regulated by U.S. state or federal agencies.
4. Click farm revenues are estimated to be worth hundreds of millions.
5. Sellers offer clicks for Facebook, Twitter, LinkedIn, Instagram, Pinterest, SoundCloud, YouTube, Vimeo and more.

Trend. Wearable gadgets set to take centre stage at Las Vegas tech show

Will 2014 be remembered as the year wearable computing took off?

Upstart entrepreneurs and major manufacturers such as Samsung, Qualcomm and Sony certainly hope so.

Gadgets that you snap, buckle or fasten to your body are already marketed to fitness freaks obsessed with tracking every possible metric their bodies produce. There are countless smartwatches for tech nerds who’d rather glance at their wrists to check messages than reach for their smartphones. And thousands of people are already seeing the world differently with the help of the Internet-connected eyewear, Google Glass.

Technology companies will stretch the wearable concept further this week in Las Vegas at the International CES event, the industry’s annual trade show. THE ASSOCIATED PRESS

Attendees wear Google Glass while posing for a group photo during the Google I/O developer conference in May in San Francisco. JUSTIN SULLIVAN/GETTY IMAGES

Tokyo auction

Bluefin tuna prices nosedive

Sushi restaurateur Kiyoshi Kimura poses with a 230-kilogram bluefin tuna. THE ASSOCIATED PRESS

Sushi restaurateur Kiyoshi Kimura paid 7.36 million yen (about $70,000 US) for a 230-kilogram bluefin tuna in the year’s celebratory first auction at Tokyo’s Tsukiji market on Sunday, just 5 per cent of what he paid a year earlier despite signs that the species is in serious decline.

Environmentalists say growing worldwide consumption of bluefin tuna is leading to its depletion, and that those in charge of managing fisheries for the species are failing to take responsible action to protect it. THE ASSOCIATED PRESS

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Distribution Assistant (part time)

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When you join Metro, you become part of a cross-country community. We strive to provide a culture that is engaging, flexible and creative; we value our employees and their feedback.

PRIMARY RESPONSIBILITIES:
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- Working closely with distribution contractors
- Checking Vending boxes and Metro News delivery points
- Engage with our Metro dealers to provide the best delivery options
- Provide solutions and options for managing all our newspaper pick up points
- Processing collected field data

REQUIREMENTS OF THE POSITION:
- Customer service is a must
- Organized, detail oriented, and computer savvy
- Familiar with the City of Saskatoon
- Presentable, confident and articulate
- Able to work flexible hours
- Valid Class 5 driver license and reliable vehicle is a must

Interested individuals who possess the skills described above are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than Jan. 10th, 2014.
PLEASE QUOTE: “Distribution Assistant (Part Time) - Saskatoon in the subject line.
All submissions will be treated as confidential.

metro

DON'T GET SWINE, GET THE SHOT

URBAN COMPASS

Paul Sullivan
saskatoon@metronews.ca

It's official. The tree's in the chipper and the most wonderful time of the year is over.

Now it's the least wonderful time of the year. Not only is it 30 below, it's flu season. And this year features an unwelcome sequel: the return of the swine flu.

You'll remember the swine flu, a.k.a. H1N1. When it surfaced in 2009, U.S. President Barack Obama declared it a national emergency, and everyone was worried about a global pandemic. By the spring of 2010, more than 18,000 people worldwide had died from the virus — a tragic toll, but less than feared.

By contrast, the Hong Kong flu of 1968-69 was responsible for the deaths of one million people. And the Spanish flu pandemic of 1918 killed an estimated 50 million people, more than the death toll of the First World War.

The Hong Kong influenza, H3N2, was the flu of the year last year, but for some reason no one quite understands, H1N1 is back for an encore. Fortunately, most people have acquired at least partial immunity to the virus, but you can still feel like a swine if infected.

So far, more than 160 cases have been confirmed in Saskatchewan. Three deaths have been linked to H1N1 in this province, although all three had prior conditions that might have contributed to their deaths.

Children under the age of five are especially susceptible to infection because they have not encountered H1N1 and haven't built up immunity. Younger adults are more likely than their elders to come down with H1N1 for the same reason.

This H1N1 outbreak is not confined to Saskatchewan. In varying degrees, the rest of North America has this flu, too. And it's difficult to gauge the extent of the outbreak, as most people with the flu don't go to a doctor. They go to bed — or even worse, go to work and spread the joy around.

One way to make this an at-least-tolerable time of the year is to get a flu shot. Sure, you have an aversion to needles, think vaccination programs are some kind of dire conspiracy or are just too busy (until you get laid flat; then you're busy getting sick). But the crazy thing about flu vaccines is that they work. Unless you're already infected, you won't get the flu.

Even more importantly, you won't go around infecting the rest of us.

So the bad news is that H1N1 is back and spoiling for a fight. The good news is that natural immunity and medical technology are, for the most part, up to the challenge … unless something new and nasty is getting ready to make the leap from the barnyard.

Meanwhile, there are only 165 days until the first day of summer. But who's counting?

ZOOM

Here fishy, fishy, fishy

CHUNG SUNG-JUN/GETTY IMAGES

South Korean festival gets off to icy start

A child casts a line through a hole into a frozen river during an ice fishing competition at the Hwacheon Sancheoneo Ice Festival over the weekend in Hwacheon-gun, South Korea.

The annual event attracts thousands of visitors and features a mountain trout ice fishing competition in which participants compete with traditional lures or with bare hands.

The festival is a big deal for the country. It was recently selected as one of the representative festivals by the South Korean government and CNN declared it one of the seven winter wonders in 2011.

GETTY IMAGES

Running through Jan. 26

- The exhibits include the Ice Sculpture Park, Michelangelo Special Exhibition and the 3D Digital Gallery.
- In addition to ice fishing, there is also sleigh riding, sledding and a daily ice show.

An angler's catch of the day.
GETTY IMAGES

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

CONTRIBUTED

Bandcamp is an online store that allows music fans to purchase albums directly from the artist, often allowing purchasers to name their price. But wait! There's more! You can also preview albums in their entirety before buying. It's a can't-miss proposition, so swing by and check out these Canadian artists.

The Royal Streets:
Relentlessly pleasant acoustic pop music, buoyed by plenty of cooing and a classic rock flavour. It's the type of music you'll often come across in coffee shops, complete with the gentle, raspy voice and quiet crash cymbals. Sunday morning music, in other words.
(theroyalstreets.bandcamp.com)

Sean Nicholas Savage:
There's a staggering amount of music on this Montreal musician's page, and it's hard to find a "skippable" song in the bunch. Sunny pop, piano ballads, moody electro — it's all here. A prolific writer and a busy tourer, there's a good chance he'll be in your town some time this year.
(seannicholassavage.bandcamp.com)

Jonathan Atkins:
A singer-songwriter with a devastating ear for harmonies and a delicate touch with lyrics that slide perfectly into a horrid winter. There's a definite Celtic touch, but far sweeter than something like Mumford and Sons.
(jonathanatkins.bandcamp.com)

Twitter

@metropicks asked: Hey travellers! Don't tip if you're at a Miami Beach eatery. Restaurants/bars automatically add 15 per cent gratuity. Should they?

@novascotiarasta: Considering low-paid servers, be fair, add it upfront. Don't have them work (or not work) for tips.

@mcmounce: Gratuity inclusion should be clearly advertised but isn't as well as tourists exemption from sales tax

@RMichaelRoberts: automatic tip only if servers inform and remind customers that Tip is already applied and no further tip required

@tiikerikani: The food isn't worth the price at all, tip or not

@bhofley: Don't think so. Removes any incentive for them to provide good service.

@Lowpass: they do cause snowbirds are notoriously bad tippers and wait staff make like $7.80/hr in florida. 15% is minimum.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

metro
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Ebooks

Guillermo del Toro's Cabinet of Curiosities

By. Guillermo del Toro & Marc Zicree

Kindle/iBooks/Kobo

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

While making movies, Guillermo del Toro (Pan's Labyrinth, Pacific Rim) keeps imaginatively illustrated journals. Select pages are used here for a fascinating discussion about his influences and obsessions, with contributions by James Cameron, Tom Cruise and Alfonso Cuarón. Thankfully, you can double-tap and zoom to explore their worlds in intimate detail.

Box office

Disney freezes out demons

On a wintery weekend, Disney's Frozen retook the box-office top spot with $20.7 million US, freezing out the horror spinoff Paranormal Activity: The Marked Ones. According to studio estimates Sunday, Paramount's The Marked Ones debuted in second place with $18.2 million US, a total that includes Thursday night screenings.

THE ASSOCIATED PRESS

Emile Hirsch, right, had to prove he belonged among the brave and brawny to land his role in Lone Survivor, which opens Friday. CONTRIBUTED

How Hirsch got huge

Lone Survivor. Actor was told he didn't have the 'physicality' to play a SEAL — cue to Rocky theme song

MATT PRIGGE
Metro World News in New York

Emile Hirsch isn't a ripped type, like his Lone Survivor castmates Mark Wahlberg and Taylor Kitsch. Yet he plays a SEAL in the adaptation of Marcus Luttrell's book, which details a mission gone disastrously awry when a quartet of soldiers went to capture or kill a Taliban leader in 2005 and wound up ambushed, fighting for their lives. Hirsch, who plays soldier Danny Dietz, says it was intensely difficult — which is exactly what he wanted.

What drew you to playing a SEAL?
A lot of people when they think of Navy SEALs, they think of this G.I. Joe type. When I read the book, I realized that's not who Danny Dietz was. He was someone I could really relate to. He was an artist. He was a great drawer. He was a quiet, serious person who was soft-spoken. But when that switch flipped he was all business.

The film isn't particularly jingoistic, but it also doesn't get into the question of whether war is just or not.
It's not a political movie. It's not a movie that dabbled in, "Should we be there?" It's on a smaller scale. It's about representing the type of person or the type of courage it takes to be one of these soldiers.

Was it difficult convincing Peter Berg to cast you as one of the toughest kinds of soldiers?
Peter Berg flat-out said to me when I first tried to get the part, "You don't have the physicality. No offence, man." I just wanted to be in the movie so badly. I didn't take no for an answer. I kept on emailing him and calling him and texting him and writing him letters. Eventually he sent me this text that just read, "Show up at Gold's early tomorrow." I wrote him back and said, "Early? What time?" No response. So I realized, "OK, this is a test." I woke up at 3:30, and I went to Gold's in Venice Beach and waited there for them to come and unlock it. The guy came at 6 to open it up. He was like, "Alright, man, come back here at 8:30, Peter will be here." So I went and took a nap at my buddy's apartment.

I went back, I just followed Peter, who was working out like a beast with a trainer. At the end of the day, Pete took me aside and was like, "How badly do you want to be in this movie?" I was like, "Really f—ing bad." He was like, "How hard do you want to work?" I said, "I'll be here every day." He said, "Alright, that's what you're going to do, six days a week." I asked if he was giving me the part. He said, "No." So I trained six days a week for hours and hours a day. It was three months before they gave me the part. They were trying to simulate an environment that would make me want to quit. I never did.

How was getting out of shape after the movie wrapped? Did your body just rebel against you?
It sucked. I tried to keep lifting and keep training. I couldn't keep my body at the same level, because you'd have to train four or five hours a day. It was a withdrawal. All of a sudden you're back to this unstructured life.

Getting to know TV stars

Metro caught up with a few of the actors who will be on your tube this winter.

Chicago PD

Sophia Bush of Chicago PD

Who's your dream buddy cop?
I have a pretty serious obsession with Woody Harrelson's work. And he's playing a cop on his new show. I'd love to trade thoughts with him!

If I was a cop for a day I'd be most excited to ____
Flip the sirens on. A lot.

ON GLOBAL ON WEDNESDAY – 10PM ET/PT

Hawaii Five-0

Grace Park of Hawaii Five-0

Which TV cop duo or team would you most like to partner up with?
Poncho from CHiPs.

You're stranded on a deserted island – what's the one thing you would bring?
LOST DVD set.

ON GLOBAL ON FRIDAY – 9PM ET/PT

NCIS: LA

Eric Christian Olsen of NCIS: LA

Which TV cop duo would you most like to partner up with?
CHiPs. 'Cause four wheels move the body, two wheels move the soul.

Pick a personal theme song...
Going to California by Led Zeppelin

ON GLOBAL JANUARY 14 – 9PM ET/PT

SCENE

Lutz gets it on: Cyrus wrapped around Twilight star at end of 2013

Miley Cyrus is apparently starting the New Year with a new man in her life, having been spotted getting frisky with Twilight star Kellan Lutz at a Las Vegas nightclub just before New Year's Eve, according to E! News. "They were making out and didn't seem to care who was watching. It wasn't a secret that they were together," a source says. "She kept grabbing him throughout the night. You can tell he was into her, but at times he looked like he was uncomfortable with all the attention they were getting at the club."

Twitter

@ElizabethHurley
About to go on a 8km toboggan ride. Help....

@mindykaling
You know it's time to put away your phone when you're like: hm, what's the worst thing I could tweet that would end my career irrevocably?

@SarahKSilverman
On my tombstone I just want it to say, "I'm cold"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jay and Bey's sex-toy bill will take your breath away

STARGAZING
Malene Arpe
scene@metronews.ca

Happy New Year…

According to a report, Beyoncé and Jay Z spent $6,000 on sex toys. Perhaps someone should explain to them that there's absolutely no need for anything to be gold-plated.

Lily Allen refers to fellow pop stars as "a bunch of sterile bleeping Botoxed idiots that stank of desperation." She later apologizes and clarifies that, "I have no way of knowing whether it was Botox or Restylane."

Prince William will be attending Cambridge University to study agricultural management. Meanwhile, Prince Harry, following up on his trek to the South Pole, plans to have himself shot out of a cannon, work the rodeo and, in general, be 300 times cooler than his brother.

Kate Winslet. ALL IMAGES GETTY

Winslet can't Bear the thought of her new son being a Rocknroll-er

Kate Winslet confirms that her first child with husband Ned Rocknroll, son Bear born last month, has her last name instead of his. "Of course we're not going to call it Rocknroll," she tells the U.K. edition of Glamour. "We haven't really had that conversation. It was always going to have my name." But lest we think Winslet has been bowing to outside pressure, rest assured the actress doesn't care what other people think. "People might judge all they like, but I'm a f—ing grown-up," Winslet says.

Safety Steps

Taking children into crowded venues

Taking young children into busy and crowded venues can often make even the most confident parents feel slightly nervous. Here are three easy and effective tips to ensure safety in crowds.

• Slip your business card in your children's pockets.

• With a marker, write your cell number on the back of your children's hand.

• For up-to-date ID purposes, take a photo of each of your children with your phone. Should you become separated from a child, it will be much easier for you to be reconnected. EVELYN HANNON, YUMMYMUMMYCLUB.CA

Exclusively online

Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices.

Don't clip tooth fairy's wings

Timing. A mom explains why she, and her daughter, aren't ready for the truth about that tiny fairy who leaves money in return for teeth lost by kids

SIDURA LUDWIG
YummyMummyClub.ca

Your kids will give you cues when they're ready to hear the truth about the tooth fairy truth. ISTOCK

The other day, I lied to my daughter.

Every once in a while, she likes to go on this website called therealtoothfairies.com. She has a favourite tooth fairy, Avalane, and has been known to write her letters. At night, I take the letters out from under her pillow and put back a note, usually written in cursive so she won't recognize my handwriting.

I have mixed feelings about our scenario.

I don't like that she's found a website that basically dictates to her how she should imagine the tooth fairy. The website also charges to upgrade to different activities, which she knows I flat out refuse to allow her to do.

Does the tooth fairy really need to be more commercial than the toonie she gets under her pillow when she loses a tooth?

However, I have no problem in general with the concept for a tooth fairy. And let's face it: realizing that the tooth fairy is just your parents is one of those rites-of-passage into older childhood. She's six. I want her to stay young for as long as she can.

Recently, after fiddling around on her favourite website and printing out a copy of her latest letter, she said to me, "Mommy, is it really just you sending me the letters?"

Usually I parent by the philosophy, "If they're old enough to ask, they're old enough to know."

So, at first I said "Yes."

And then I saw her face. She was frozen. Her mouth did not turn up into that "I knew it!" smile.

She looked like she was willing herself not to process my words. Her eyes searched mine. She said it again, "No really, mommy. Is it you sending me the letters?"

And then I got it. She wasn't ready yet. And she was giving me a way out.

So I lied: "I'm the one who passes your letters onto the tooth fairy and makes sure they get there."

That's when she smiled. "Oh! OK. Because everyone at school says there's no such thing as the tooth fairy — that it's just your parents.

"I tell them, 'No! My parents don't have wings! My mother's name isn't Avalane!'"

And she ran off to put her latest letter under her pillow.

I think she knows her time will come when she won't believe this anymore.

I remember the night her older brother came downstairs and said, "It's just you guys, right?" He had the "I knew it!" smile.

I think she might even know this is a game she and I play together, that as soon as she admits to knowing, the game will stop.

Recently, she woke me early to decode the cursive in the letter she found under her pillow. Avalane told her she can't wait until her current wiggly tooth falls out, and that believing is something you feel in your heart (thank you, classic Disney).

She took the letter back from me, held it against her chest and then skipped off with that smile.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN TO SURVIVE MOTHERHOOD

Pregnancy: It's not all about swollen ankles

In pregnancy, there's lots to complain about: nausea, back pain, high blood pressure, low blood pressure, swollen ankles, swollen feet, swollen everything, weight gain, constipation, random hairs, pubic-bone pain, vagina pain, breast pain, everything-on-your-body pain, sleeplessness, nightmares, night sweats; the list goes on. But there are also perks!

There is stuff you can't do
Trust me, this can be a good thing. "I'm sorry, I'd love to change the cat litter, but I guess that's off my to-do list for the next 40 weeks." Or, "Yikes, I'd love to clean the toilet but I probably shouldn't expose myself to harsh chemicals."

Your boobs look great
The rest of your body might feel crappy, but these new buoyant breasts are a fun perk, even if they're too tender for your significant other to touch. They look great, so enjoy them.

You call the shots
No matter what, you win because you're growing a human and nothing can trump that. Your significant other says, "I had such a bad day at work." You can reply: "Yeah, me too. Plus, it felt like someone was carving hieroglyphics into my cervix with an ice pick. Did I mention I'm growing a human? Do you mind getting dinner started?"

Random rage is justified
This is pretty self explanatory.

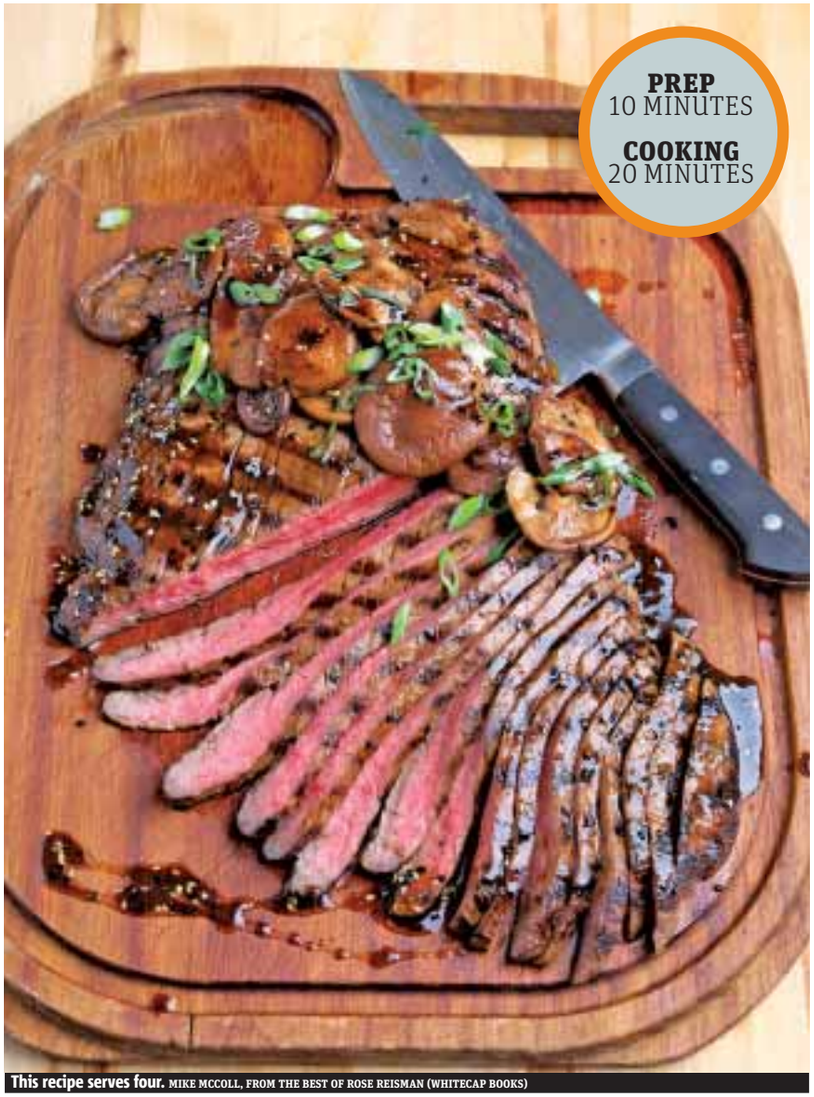
You can end unwanted conversations quickly
If you're in the middle of a boring conversation, you can excuse yourself with lines like, "Sorry, I just got kicked in the bladder. There is a very good chance I might pee myself if I don't go to the bathroom immediately."

You're growing a human
At the end of the day, this is what it comes down to, right? I mean, how freaky and sci-fi cool is it that you're growing a human being inside of you? Fingernails are developing, brain cells, lung fibres, bones, a heart, eyelashes... Blows. My. Mind.
JEN WARMAN, YUMMYMUMMYCLUB.CA

Back pains aside, you're growing a life. How amazing! ISTOCK

ELLE 3

Flash food. Flank Steak with Shiitake Mushrooms & Hoisin Sauce



This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

One of my favourite dinners for the family is a lean sliced steak with a tasty sauce and a salad to start your meal.

You can enjoy meat at least twice a week and still eat healthy — providing you're eating the right cut of beef.

My go-to steak is flank since it's tender, lean and quick cooking. Consider that six ounces of flank steak has only five grams of saturated fat compared to a rib steak that has 14 grams.

There's a lot more artery clogging fat when you indulge in the fattier cut.

If you have the time, you can tenderize the flank steak by marinating in a light bottled salad dressing or any oil and acidic ingredient such as balsamic vinegar or lemon juice. Add some herbs and spices of your choice.

The steak will always be more tender if you can marinate it in the morning or the night before.

If you don't have sweet rice vinegar or mirin, you can use regular rice vinegar and add one tablespoon of sugar and heat gently to dissolve.

Chinese five-spice powder is available in the dried herb section of your supermarket. It's a combination of cinnamon, star anise, cloves, pepper and fennel.

If you don't have shiitake mushrooms, feel free to use another mushroom of your choice such as button, oyster or brown, being sure to cook the mushrooms until all the moisture evaporates.

I love my steaks served medium rare, which is about 130 F. Use a meat thermometer to test the doneness.

Remember that the steak continues cooking for about 10 minutes after you remove it from the heat, so don't overcook it.

If you want a grain alongside the steak, try brown rice or soba or rice noodles.

Ingredients

Mushroom Hoisin Sauce
- 1/3 cup sweet rice wine vinegar or mirin
- 1 1/2 tsp Chinese five-spice powder
- 1/3 cup hoisin sauce
- 2 tbsp toasted sesame seeds
- 3 tbsp rice vinegar
- 2 tbsp low-sodium soy sauce
- 2 tbsp sesame oil

- 1 lb whole shiitake mushrooms, cleaned with stem removed
- 2 green onions, sliced for garnish
- 1 1/2 lb flank steak

Nutritional information

Per serving
- **Calories.** 429
- **Carbohydrates.** 21.4 g
- **Fibre.** 4.7 g
- **Protein.** 41 g
- **Total fat.** 18 g
- **Saturated fat.** 6.6 g
- **Cholesterol.** 111 mg
- **Sodium.** 680 mg

Directions

1. Combine the mirin, five-spice powder, hoisin, sesame seeds, vinegar, soy sauce and sesame oil. Pour 1/4 cup of the sauce over the flank steak, letting it marinate while you cook the mushrooms.

2. In a large skillet sprayed with the vegetable oil, sauté the shiitake mushrooms for about 12 minutes or until tender. Add another 1/4 cup of the sauce and cook one minute.

3. In a grill pan or barbecue (if you're brave enough to face the cold) sprayed with vegetable oil, grill the flank steak on medium-high heat for about 8 minutes per side or until done to your preference. Let the meat sit 10 minutes.

4. Slice the steak against the grain into thin slices, scatter the whole mushrooms overtop, garnish with the green onions.

5. Serve with the remaining sauce. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Keep it classy: Peppered Filet Roast with Parmesan Roasted Cauliflower

Ingredients

- 3-lb chateaubriand (centre cut filet mignon roast), trimmed
- Salt and ground black pepper
- 3 tbsp olive oil, divided
- 2 heads cauliflower, trimmed into 1-inch florets
- 1 cup grated Parmesan cheese

You're ready to kick off 2014 with stylishly delicious meals. But you probably don't have time to master fancy new kitchen skills. Or to shop for a million ingredients. This roast is easy and only takes a few ingredients you're likely to have in your pantry.

1. Heat the oven to 425 F.

2. Generously season the roast with salt and pepper.

3. In a large oven-safe skillet over medium-high, heat 1 tablespoon of the oil. Add the roast and sear for 3 minutes per side. Place the roast in the oven and cook for 30 minutes for medium-rare.

4. Meanwhile, in a large bowl toss the cauliflower florets with the remaining 2 tablespoons of olive oil, the Parmesan, and a bit each of salt and pepper. Spread the florets on a rimmed baking sheet and roast for 30 minutes, or until tender and browned.

5. Remove the roast from the oven, cover with foil and allow it to rest for 10 minutes before slicing. Serve with the roasted cauliflower.

THE ASSOCIATED PRESS

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Fire escape: So you've been canned, now what's your plan?

Get to the bottom of your boot. What to do after you've been terminated from your job

PARISA NIKFARJAM
TalentEgg.ca

Getting let go from any job is tough and in many cases, embarrassing, but that shouldn't dissuade you from assessing your termination and ensuring that it accords with applicable laws. ISTOCK

When you're just getting your foot in the door, the hardest thing to contemplate is being fired.

Knowing your rights and obligations during an otherwise uncertain and difficult time will help when transitioning from one job to another.

The following is a snapshot of some of the issues for you to be aware when you've lost your job:

Is the termination lawful?

While it is the employer's prerogative to dismiss employees at any time (by either having cause or providing notice or payment in lieu of notice), not all dismissals are lawful.

It is therefore crucial to determine why you've been fired. If any of the following occurs, your dismissal may not be justifiable. The following restrictions apply to Ontario only. Provincial laws vary:

• Dismissal is based on a prohibited ground under the Ontario Human Rights Code, such as disability, age, sex or sexual orientation.

• Dismissal follows a complaint of harassment or violence in the workplace.

• Dismissal follows a complaint under the Employment Standards Act, 2000 (ESA) including payment of wages and overtime pay.

• Dismissal occurs during leaves of absence such as pregnancy leave and emergency leave, or immediately thereafter.

If your dismissal is based on any of the above, remember that any legal remedy you have may carry a time limitation, so it is best that you consult with legal counsel or start the appropriate process as soon as possible.

Entitlement to termination pay

Your employment may come to an end for "just cause" or "without cause."

If you've been fired for just cause, the employer has ended the relationship for a particular reason such as theft, illegal activity, excessive lying, workplace violence or other inappropriate behaviour. In this circumstance, you're not entitled to any payment as a result of your termination. These terminations are often contentious. It is important to seek legal advice if this is the basis of your termination, as you may have been wrongfully dismissed.

If you've been fired without cause, the employment relationship has been terminated but not necessarily as a result of your actions. This is often the case where the employer is downsizing or where the relationship just isn't a good fit. In Ontario, in this case you have minimum entitlements under the Employment Standards Act, 2000 (ESA).

There is an entitlement to notice (or pay in lieu), which is based on your length of service (one week per year of service), and is currently capped at eight weeks' compensation.

In some circumstances, you may also have a right to statutory severance pay once you've worked for more than five years.

If your employment contract does not restrict your entitlements to these minimum standards, you may wish to negotiate for a more generous termination package that considers your length of service, your age, the nature of your position and the availability of comparable alternative employment.

On top of notice or pay in lieu of notice, you are also entitled to benefits for at least your minimum notice period under the ESA, so you should ensure that this is a part of your termination package. If you have received less than what you are entitled to, you may also have been wrongfully dismissed.

Duty to mitigate

While you have certain entitlements upon termination, you also have obligations, one of which is the duty to mitigate your losses by looking for suitable alternate employment.

Your termination package may address this duty but even if it is silent, you should be aware of your legal duty to limit the financial losses associated with your termination by actively seeking out employment opportunities.

This duty may also include accepting re-employment with your previous employer, as long as it is reasonable to return to that workplace.

The Twitter tirade

While this is an emotionally charged time, voicing your frustration with your previous employer on social media may not be in your best interests.

- In fact, as a recently dismissed employee learned, it may result in a reduction to the settlement award they would have received from their employer. It is important to note that post-termination arrangements are confidential, particularly when dealing with negotiations and settlements.

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'Round the world wisdom

Don't let your stuff weigh you down

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The Gobi race is unaided and participants are required to carry their own backpacks including clothing, sleeping, medical and survival gear as well as food for a week.

Then, you have to run the race with your pack on your back.

As a result, first timers spend a large amount of time weighing their food in order to carry the least amount of weight for the greatest energy output. What I noticed was that the more the participants believed they were efficient at choosing their food, the more they added, just in case.

In effect, if you thought you were a good packer, then you just brought out more stuff!

I was advised prior to the race that many first timers made the mistake of over-packing and in fact would throw out their food once they grew fatigued and realized they no longer could carry the weight. Racers would spend more time thinking about packing "enough" than checking if their shoulders and back were strong enough to carry it.

Not only did my coach suggest I travel light, he advised me to under-pack. "If you're in trouble, others will give you their food, happy to lighten their load," he said.

We tend to overestimate what we need, both in life and when running a desert.

And when you realize that you carry your life's essentials and your baggage on your back, it becomes easier to shed it.

Too much stuff to settle into your business? Let go of the little things. ISTOCK

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Canadian players, from left, Anthony Mantha, Zach Fucale and Charles Hudon react after losing 2-1 to Russia in the bronze-medal game at the world junior hockey championship on Sunday in Malmo, Sweden. FRANK GUNN/THE CANADIAN PRESS

Canada runs into Russian roadblock

World juniors. Canucks lose bronze-medal game to finish fourth for second straight year

No excuses

"Age is irrelevant because it is the best we had in our country. It's just the way it's set up."

Brent Sutter, head coach of Team Canada

There is hope for next year's team, but that didn't make it easier for the Canadian players that left the world junior championship without a medal for a second year in a row.

A bid for a first gold medal in five years had died with a 5-1 loss to Finland in the semi-finals, and a 2-1 loss to Russia in the bronze-medal game on Sunday left captain Scott Laughton and his teammates in a gloomy mood.

"When you put on this crest and try to represent your country and can't even bring a medal back to Canada to the people who've been cheering for you, and have 4,000 fans come down here, it's heartbreaking," said Laughton.

Mikhail Grigorenko got a lucky goal off Mathew Dumba's skate and Eduard Gimatov wired a shot to the top corner in the first period, but Canada could only answer with defenceman Josh Morrissey's first of the tournament midway through the third period against sharp Russian goalie Andrei Vasilevski.

It was the second year in a row Canada lost a bronze-medal game to Russia after a 6-5 setback last year in the Russian city of Ufa. And it marked the first time Canada has gone without a medal at this event in consecutive years since it happened three years in a row from 1979 to 1981.

The support was there from the start from hundreds of red-and-white clad Canadian fans who went to Sweden to cheer on a team that turned out to be too young, too unlucky and perhaps not talented enough to win this year's tournament.

But next year may be different when it is held in Montreal and Toronto.

Canada brought its second youngest team ever to Malmo — only the team that was disqualified in 1987 for a brawl with the Soviets was younger.

THE CANADIAN PRESS

World junior champions Finland celebrate Sunday's victory in Malmo, Sweden. LUDVIG THUNMAN/THE ASSOCIATED PRESS

Gold-medal game. Finns win all-Scandinavian final

Defenceman Rasmus Ristolainen scored at 9:42 of overtime to give Finland its third world junior hockey title, 3-2 over Sweden on Sunday.

Ristolainen picked up the puck along the right boards, beat defenceman Robert Hagg as he cut in front of the goal and slid a backhander under goalie Oscar Dansk's right leg pad. Ristolainen has one goal in 19 games this season for Buffalo.

Finland won the under-20 event in 1987 in Czechoslovakia and 1998 at home in Helsinki. THE ASSOCIATED PRESS

NFL

49ers kick Packers out of playoffs

Phil Dawson kicked a 33-yard field goal as time expired, and Colin Kaepernick threw for 227 yards and ran for another 98 to lead the San Francisco 49ers past the Green Bay Packers 23-20 on Sunday night in a frigid NFC wild-card game.

In a back-and-forth fourth quarter, the 49ers (13-4) threw the final punch. Kaepernick escaped a blitz on third-and-eight and scrambled for an 11-yard gain to the 27 with 1:13 left. Dawson nailed the winning kick five plays later.

The defending NFC champions came away with a huge win in conditions that resembled a meat locker.

San Francisco plays at Carolina next Sunday.

Packers quarterback Aaron Rodgers did his best to turn into "Captain Comeback" again, finishing with 177 yards and a touchdown on 17 of 26 passing attempts. THE ASSOCIATED PRESS

NFL

Rivers pours water on Bengals' hopes

Philip Rivers' gloved hands found the right touch in the January cold.

The Bengals? Still can't do anything right when it's playoff time.

San Diego took advantage of Andy Dalton's three turnovers in the second half on Sunday, pulling away to a 27-10 victory that extended the Bengals' stretch of playoff misery to 23 years and counting.

With Rivers making accurate throws in the chilling rain, the Chargers (10-7) won their fifth in a row, beating the last team that had knocked them off. They'll play next Sunday in Denver, which has the AFC's top seed.

THE ASSOCIATED PRESS

A trio of Chargers tackles the Bengals' BenJarvus Green-Ellis on Sunday. GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
What you gain over the coming week will more than make up for what you have lost, so be of good cheer. Sometimes something has to go out of your life before something new can come in.

♉ Taurus
April 21 - May 21
A relationship that has fallen into a rut can be spiced up again but it won't happen if you keep looking back to the past.

♊ Gemini
May 22 - June 21
It will pay you to not be quite so open about what you are doing and why. You don't have to be dishonest but you do have to keep information that could be useful to rivals.

♋ Cancer
June 22 - July 23
You are about to make a vital decision, one that could change the course of your life. It may not be the change itself that worries you so much as how others will react. Don't worry, they'll get used to it.

♌ Leo
July 24 - Aug. 23
There may be tension in the air over the next few days and it may linger until Mercury changes signs next weekend. It won't cause you any major problems but try not to snap at people for no reason.

♍ Virgo
Aug. 24 - Sept. 23
Some may find it hard to believe you are in touch with your emotions and that's good because if you rely entirely on your rational mind today you could miss out. Let your heart rule your head.

♎ Libra
Sept. 24 - Oct. 23
You may think that you can do as you please and get away with it but the planets warn if you go too far today you could create a backlash that is tough to contain. Play it safe.

♏ Scorpio
Oct. 24 - Nov. 22
The choices you make over the next few days will have a major impact on the direction your life takes over the next few months, so make them wisely.

♐ Sagittarius
Nov. 23 - Dec. 21
There may have been some confusion of late but you should find it easy to set the record straight today. If your remarks have been taken out of context make sure everyone knows it.

♑ Capricorn
Dec. 22 - Jan. 20
It is important that you tell the truth today, even if by doing so you cause yourself, and maybe others, a certain amount of grief.

♒ Aquarius
Jan. 21 - Feb. 19
You tend to fear the worst at this time of year, so don't be surprised if you find yourself a bit hesitant as the new week begins. The good news is that come the weekend you'll be your old self again.

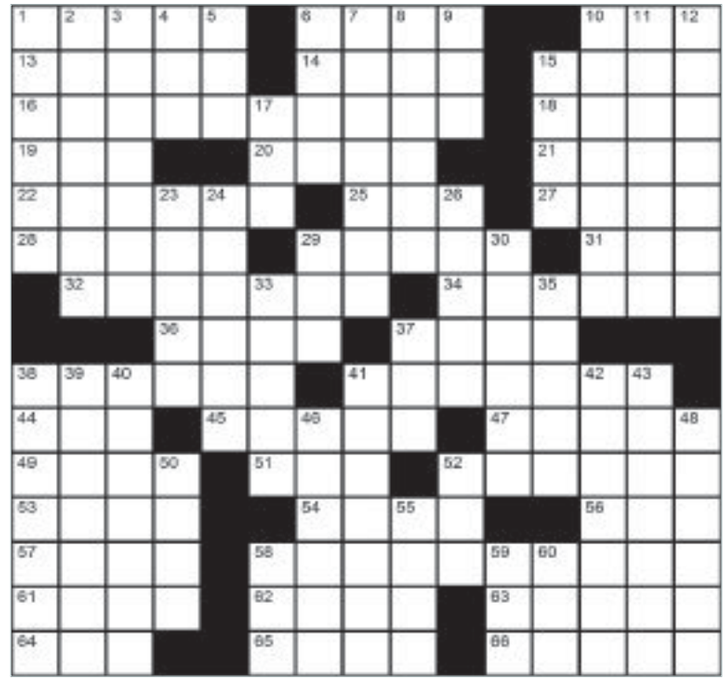
♓ Pisces
Feb. 20 - March 20
An important arrangement may have to be changed late today but don't get angry because it will work in your favour. Strange as it may seem but your friends really do know what is best for you.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



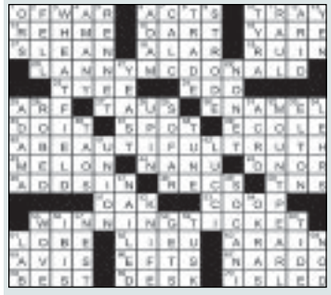
Across

1. Talk show host Mr. Smiley
6. Wile E. Coyote's supplier
10. Low-__ (Dieter's choice)
13. Excursus
14. Bok __ (Vegetable)
15. Healthy, in Spain
16. Medical drama on CTV: 2 wds.
18. Play interlude, __'acte
19. Greek alphabet's 7th letter
20. Sales jobs, commonly
21. Ms. Falco
22. Empathize
25. Play on words
27. Metal band, Quiet __
28. When doubled, Barbra Streisand's 'married lady' song from film Funny Girl
29. Half-hearted
31. Behave
32. __ Station, Nova Scotia
34. "I'm Gonna __ Good!" by Shania Twain
36. City of Spain
37. Ms. Remini
38. Pinned-at 'toy', __ doll
41. Fuel-finding drills: 2 wds.
44. Sovereignly sort, shortly
45. Preps teeth for fillings
47. Thanks: French
49. Comfy
51. Pre-1947 British rule in India
52. Don't yield from a stance: 2 wds.
53. Scrabble piece
54. 'Smart' suffix
56. Feline's fluff
57. "As if!": 2 wds.
58. Posh neighbourhood of Ottawa, __ Park
61. "Young __" (1988)
62. Intro-to-drawing class, __ _
63. The States = _ _ __ _
64. Cornerstone abbr.
65. "Excuse me..."
66. Retro record

Down

1. Policing weapons
2. Together, sports-style: 3 wds.
3. Baroque composer nicknamed 'The Red Priest'
4. Forest's Oscar-winning role
5. John McCain, e.g.
6. Yearn
7. Food Network culinary competition series, "__ Canada"
8. Cleans the floor's mess: 2 wds.
9. Middle
10. City on the South Shore near the Island of Montreal
11. Capital city of ancient Syria
12. Country star Ms. Lynn
15. Clairvoyant
17. Athens' country, to the IOC
23. Had a cold
24. Non-stick coating in cookware
26. Mr. Bruce who played Dr. Watson in Sherlock Holmes films
29. __-la-la!
30. "Goodness gracious...": 2 wds.
33. Smell
35. Burglar
37. Fleur-de-__ [var. sp.]
38. Trace of something
39. Author's anthology
40. Luxurious
41. Items and things
42. Canadian Forces helicopter, CH-146 __
43. Like a pre-grooming dog
46. Houses for lords
48. Jennifer Lopez hit: 2 wds.
50. Acquires
52. Grad letters
55. Comedian's play-like routine
58. Knock the door
59. Adore, informally
60. "It __ _." (Fancy response to "Who's there?")

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

1	2	3	9	5	6	8	4	7
5	8	9	7	1	4	2	3	6
7	4	6	3	8	2	9	5	1
3	5	7	1	9	8	6	2	4
9	1	4	6	2	7	5	8	3
2	6	8	4	3	5	7	1	9
6	7	2	8	4	1	3	9	5
8	9	1	5	6	3	4	7	2
4	3	5	2	7	9	1	6	8

Sudoku

	9		5		6		2	
2			7		9			1
	4			3			8	
		2				8		
3	7						5	4
		5				7		
	2			6			3	
1			2		5			8
	5		3		4		9	

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